

Cards of Kindness

Pre-K through Grade 5, written to Grade 2 standards



We all have the power to help others grow, thrive, and feel appreciated. This lesson encourages students to create messages of hope and gratitude for someone they've never met! In doing so, students will foster empathy, broaden their horizons, and strengthen community connections.

Objective

Students will support members of their community while developing skills in letter writing, poetry, and/or the visual arts.

Materials (Worksheets available on Google Slides)

- Drawing or collage supplies, such as colored pencils, decorative papers, magazine cutouts, stickers, scissors, glue, tape, and natural materials such as leaves
- Envelopes and stamps for mailing (optional)
- "Wishing You a Rainbow!" cards of kindness template
- "Self-Reflection" worksheet (optional extension)

Class Activity

1. Ask students to think of a time they made a new friend. How did it make them feel? Answer this question in **Lesson 2: Community Council**.
2. Select a group of people in need of kindness, hope, and support that you would like your students to connect with. For example: residents of retirement homes, new immigrants and refugees, community helpers, or healthcare workers. Whichever organization or group you wish to support, please reach out directly to coordinate.

If you'd like to support medical staff at Skirball partner organization Children's Hospital Los Angeles, we would be happy to create a digital care package to send on your behalf. Just email your students' cards of kindness to buildabetterworld@skirball.org, and we'll take it from there.

3. Talk with your students about the organization or group you've selected. Let them know about the people who will receive their cards and highlight how they strengthen your community. As needed, help students with their messaging.

4. Share your students' cards of kindness with your organization or group of choice!

Student Instructions

- Create a card of kindness! Communicate your message through letter writing, poetry, and/or art making. Use any materials you can find and get creative.

Teacher tip: Word banks, sentence starters, and the use of visual storytelling can all be used as tools to build communication skills.

- Optional: Reflect on what you've learned about yourself using the "Self-Reflection" worksheet.

Curriculum Connections

CCSS.ELA-LITERACY: W.2.6

Resources

Build a Better World interactive map: A map focused on service organizations in Los Angeles County, created by educators at the Skirball. Click on different organizations to learn about their work and find out how you and your students can get involved!

Connect with Us

Our educators are here to help! If you would like to talk with us about how best to facilitate this activity with your students, please email **teacherprograms@skirball.org**.

If you choose to share your messages on social media, tag us **@skirball_la!**



Wishing You a Rainbow!

Worksheet

Name:

Self-Reflection

Wow, you brought a project to life! Reflect on what you learned about yourself.

Project title:

I am proud of:

My greatest challenge was:

I learned:

My favorite part was: